



# Quick Honey-Soy Pork Meatballs

with Creamy Ponzu & Peanut Slaw

Grab your Meal Kit with this symbol



Garlic



Fine Breadcrumbs



Chicken-Style Stock Powder



Celery



Baby Spinach Leaves



Crushed Peanuts



Long Chilli (Optional)



Pork Mince



Ginger Paste



Mayonnaise

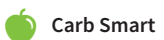


Ponzu



Slaw Mix

Prep in: 10-20 mins  
Ready in: 25-35 mins



Revisit the classic honey-soy duo, but add a HelloFresh twist! We've created tender pork meatballs, which are served on a crunchy celery slaw instead of rice, with an extra burst of flavour from ponzu sauce - a Japanese pantry staple with a kick of citrus.

### Pantry items

Olive Oil, Honey, Soy Sauce, Egg



## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
<b>honey*</b>	1 tbs	2 tbs
<b>soy sauce*</b>	2 tbs	¼ cup
<b>water*</b>	1 tbs	2 tbs
pork mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
<b>egg*</b>	1	2
ginger paste	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
celery	1 stalk	2 stalks
mayonnaise	1 medium packet	1 large packet
ponzu	1 medium packet	1 large packet
slaw mix	1 small bag	1 large bag
baby spinach leaves	1 small bag	1 medium bag
crushed peanuts	1 medium packet	1 large packet
long chilli  (optional)	½	1

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2314kJ (553Cal)	621kJ (148Cal)
Protein (g)	34.8g	9.3g
Fat, total (g)	33.6g	9g
- saturated (g)	7.7g	2.1g
Carbohydrate (g)	25.6g	6.9g
- sugars (g)	13.5g	3.6g
Sodium (mg)	1838mg	493mg
Dietary Fibre (g)	6.2g	1.7g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Get prepped

- Finely chop **garlic**.
- In a small bowl, combine the **honey**, the **soy sauce**, the **water** and 1/2 the **garlic**. Set aside.
- In a large bowl, combine **pork mince**, **fine breadcrumbs**, the **egg**, **ginger paste**, **chicken-style stock powder** and remaining **garlic**.
- Using damp hands, form spoonfuls of the **mixture** into meatballs (5-6 per person). Transfer to a plate.

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## Make the slaw

- While the meatballs are cooking, thinly slice **celery**.
- In a medium bowl, combine **mayonnaise**, **ponzu**, **celery**, **slaw mix**, **baby spinach leaves** and **crushed peanuts**.
- Season with **pepper**. Toss to coat.

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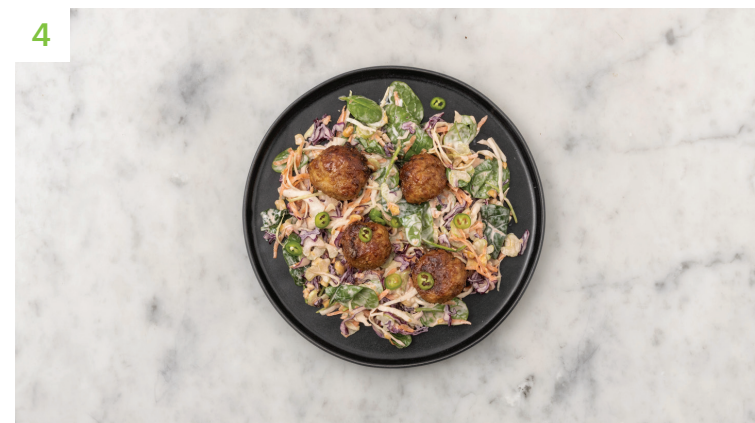


## Cook the meatballs

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes**.
- In the last **minute**, add **honey-soy mixture** and cook, stirring, until meatballs are coated. Remove from heat.

**TIP:** If your pan is getting crowded, cook the meatballs in batches for best results.

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## Serve up

- Finely slice **long chilli** (if using).
- Divide creamy ponzu and peanut slaw and honey-soy pork meatballs between plates, spooning over any remaining glaze from the pan.
- Sprinkle with chilli to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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